

**ANALISIS PENGALAMAN *LEISURE* & KONDISI
SUBJECTIVE WELL-BEING IBU RUMAH TANGGA
DI KECAMATAN CICURUG, KABUPATEN SUKABUMI, JAWA BARAT**

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Disusun untuk memenuhi sebagian dari persyaratan untuk memperoleh gelar

Sarjana Pariwisata

Program Studi Manajemen Resort & Leisure

Fakultas Pendidikan Ilmu Pengetahuan Sosial



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**PROGRAM STUDI MANAJEMEN RESORT DAN *LEISURE*
FAKULTAS PENDIDIKAN ILMU PENGETAHUAN SOSIAL
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Penelitian Strata-1 (S1) yang diajukan untuk memenuhi salah satu syarat
memperoleh gelar Sarjana Pariwisata pada Fakultas Pendidikan Ilmu Pengetahuan
Sosial

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Saya, Sarifadhilah Aziz menyatakan bahwa skripsi saya yang berjudul **“Analisis Pengalaman *Leisure* & Kondisi *Subjective Well-Being* Ibu Rumah Tangga di Kecamatan Cicurug, Kabupaten Sukabumi, Jawa Barat”** .

Tidak ada bagian di dalamnya yang merupakan hasil plagiarisme karya orang lain yang saya kutip secara tidak sesuai dengan etika yang berlaku dalam dunia akademis. Atas pernyataan ini, saya siap menanggung resiko atau sanksi yang dijatuhkan kepada saya apabila dikemudian hari ditemukan adanya pelanggaran terhadap etika akademis dalam karya saya, atau ada klaim dari pihak lain terhadap keaslian karya saya.

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KATA PENGANTAR

Penulisan skripsi merupakan salah satu syarat kelulusan bagi mahasiswa strata-1 (S1) untuk mendapatkan gelar sarjana. Skripsi Peneliti yang berjudul **“Analisis Pengalaman *Leisure* & Kondisi *Subjective Well-Being* Ibu Rumah Tangga di Kecamatan Cicurug, Kabupaten Sukabumi, Jawa Barat”** membahas mengenai bagaimana kondisi *Subjective Well-Being* ibu rumah tangga dengan tanggung jawab sebagai seorang ibu dari anak-anak yang memiliki ketergantungan fisik maupun mental terhadap mereka yang berakibatkan hilangnya waktu luang untuk diri sendiri.

Sebagai peneliti amatir yang mengangkat isu *leisure* dan gender yang tidak begitu populer dikalangan akademisi pada bidang pariwisata di Indonesia, tentu saja proses pembuatan skripsi ini memiliki tantangan tersendiri, membiasakan untuk membekali diri dengan data-data dari penelitian-penelitian sebelumnya guna terhindar dari bias-bias kognitif yang seringkali muncul saat proses pengerjaan skripsi ini menjadi pembelajaran yang akan berdampak positif bagi peneliti dikemudian hari, merangkai argumen yang logis, berpikir sistematis juga jujur dan terbuka terhadap fakta-fakta yang ada.

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ABSTRAK

Studi tentang pentingnya *leisure* telah diakui memiliki kontribusi terhadap kualitas hidup wanita oleh para peneliti sebelumnya sehingga *leisure* pada wanita menjadi hal yang penting untuk dikaji. Menganalisis pandangan IRT di Kecamatan Cicurug terhadap *leisure* juga menganalisis kaitan antara pengalaman aktivitas *leisure* dan kondisi *subjective well-being* IRT dapat menentukan apakah partisipasi dalam kegiatan *leisure* telah berkembang menjadi faktor terkuat dalam memengaruhi tingkat kepuasan hidup pada wanita. *Interpretative phenomenological analysis* yang dilakukan dengan wawancara *semi-structured* akan digunakan, yang mana wawancara tersebut berisi beberapa pertanyaan kunci untuk membantu menjelaskan bukan hanya area yang akan dieksplorasi tetapi juga membantu pewawancara dan narasumber untuk melebur satu dengan yang lain agar hasil wawancara lebih mendetail. Melalui penelitian ini, argumen mengenai hubungan *leisure* dengan *subjective well-being* ternyata tidak terbukti memiliki pola keterkaitan yang tegas untuk ibu rumah tangga di Kecamatan Cicurug. Asumsi tersebut didapatkan melalui analisis konten wawancara mengenai *leisure* yang ideal menurut beberapa peneliti, tetapi dianggap tidak memiliki efek membahagiakan yang sebanding untuk para ibu rumah tangga di Kecamatan Cicurug yang lebih sering memilih untuk menghabiskan waktu berkegiatan dan bersama dengan anak-anak mereka sementara *leisure* dipersepsikan hanya sebatas waktu beristirahat sejenak dari rutinitas harian mereka dan sangat sedikit memiliki *leisure* aktif, hal tersebut bisa diakibatkan oleh banyak faktor. Sedikitnya fasilitas dan prasarana yang mudah diakses, disertai rendahnya pengetahuan akan penggunaan waktu luang dan variasi aktivitas di waktu luang seharusnya menjadi landasan untuk diadakannya fasilitas-fasilitas berbasis penitipan dan pengasuhan anak yang dapat diandalkan juga sarana rekreasi yang beragam dan disesuaikan dengan minat mayoritas ibu rumah tangga di Kecamatan Cicurug.

Kata kunci: *subjective well-being*, ibu rumah tangga, *leisure*, keluarga, waktu luang, kebahagiaan, kepuasan hidup.

ABSTRACT

Studies on the importance of leisure have contributed to the quality of life for women by previous researchers, leisure in women is an important thing to study. Analyzing the views of housewife in Cicurug District on leisure activities as well as analyzing the activity experiences and the subjective conditions of housewife can determine whether participation in these activities has developed into the strongest factor in influencing women's life satisfaction levels. Interpretive phenomenological analysis carried out by semi-structured interviews will be used, which interviews contain several key questions to help explain not only the areas to be explored but also help the interviewer and resource persons to merge with each other so that the interview results are more detailed. Through this research, the argument regarding the relationship between leisure time and subjective welfare does not have a clear pattern of association for housewives in Cicurug District. Assumptions were obtained through the analysis of interview content regarding ideal recreation according to some researchers, but it did not have a happy effect comparable to housewives in Cicurug District who more often chose to spend time in activities and with their children free time was only perceived limited time set from their daily routine and very little active free time, it can be caused by many factors. The few facilities and infrastructure that are easily accessible, with low knowledge of the use of leisure time and the variety of leisure activities that should be the basis for the provision of reliable child care and childcare-based facilities as well as various recreational facilities and tailored to the interests of housewives in Cicurug District.

Keywords: *subjective well-being, housewife, leisure, family, happiness, satisfaction of life.*

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